

# Amlexanox

Amlexanox enhances energy expenditure by increasing thermogenesis, leading to weight loss, improved insulin sensitivity, and reduced fat accumulation. Originally developed for treating asthma, allergic rhinitis, and aphthous ulcers, its potential for weight management has become more evident. Research has highlighted a connection between inflammation, obesity, and insulin resistance. Amlexanox aids in weight loss by inhibiting the protein kinases TBK1 and IKK $\epsilon$ , thereby addressing these metabolic concerns. Explore Amlexanox as a potential option to incorporate into your weight management plan.

**Potential Benefits:**

- Weight loss
- Improved glucose control
- Improved insulin resistance
- Improved/normalized HbA1C
- Reduced inflammation
- Elevated energy expenditure

**Mechanism of Action:**

Amlexanox inhibits the production of pro-inflammatory cytokines, including tumor necrosis factor-alpha (TNF- $\alpha$ ) and interleukin-6 (IL-6), which are key mediators of inflammation and tissue damage.

**Suggested Starting Dose:**

- 25 mg one to two times daily.

**How Supplied:**

- Capsules or Troches

**Storage:**

- Room temperature.

**Beyond-Use Date (BUD):**

- 180 days

**Potential Side Effects:**

- Rashes
- Itching
- Inflammation of the lining of the mouth
- Slight pain, stinging, or burning of the skin
- Nausea
- Diarrhea

**Warnings:**

Amlexanox should be avoided in patients with compromised immune systems—such as those with chronic conditions like cancer or HIV, or those undergoing immunosuppressive therapy—unless specifically advised by a physician.

For more information, please visit [Strive Compounding Pharmacy's Amlexanox page](#).

